

# Food Programming with Teens

## Let's Cook Dinner!

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# Teens & Food

**Teens when they hear  
someone has food**



Kentucky ranks 4th highest in the nation for poverty.

Kentucky ranks 17th in household food insecurity with a rate of 17.2%.

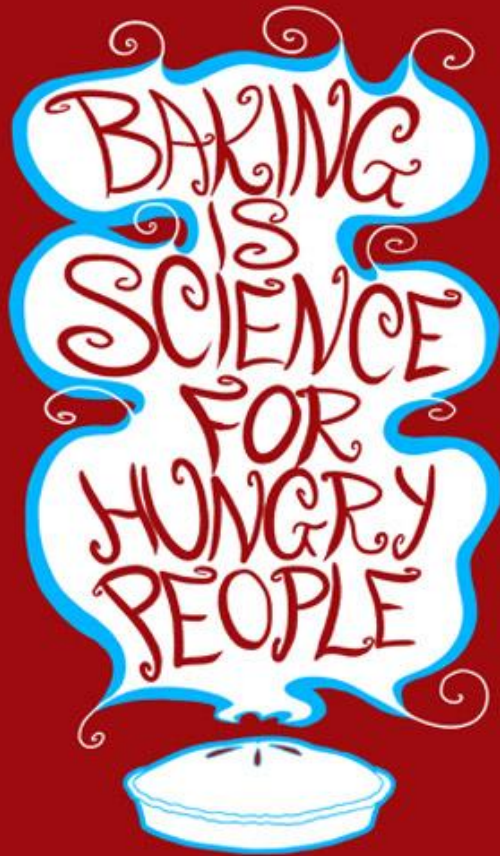
Kentucky ranks 28th in child food insecurity with a rate of 22.4%.

<http://www.feedingamericaky.org/truth-about-hunger/kentucky-statistics>

“all food is free food”



# Cooking Programs are STEAM Programs.



  
**Kitchen 101**  
Volume Conversions

60 drops\*  =  1 teaspoon (5 ml)

16 dashes\*  =  1 teaspoon (5 ml)

8 pinches\*  =  1 teaspoon (5 ml)

1 1/2 teaspoons  =  1/2 tablespoon (7.5 ml)

3 teaspoons  =  1 tablespoon (15 ml)

2 tablespoons  =  1 fluid ounce (30 ml)

4 tablespoons  =  1/4 cup (60 ml)

2 2/3 fluid ounces  =  1/3 cup (80 ml)

4 fluid ounces  =  1/2 cup (120 ml)

8 fluid ounces  =  1 cup (240 ml)

2 cups  =  1 pint (480 ml)

4 cups  =  1 quart (960 ml)

\* ESTIMATES

Designed by Russell van Kraayenburg, 2012.



# Kitchens are Maker Spaces.



— Evil Mad Scientist Laboratories —  
“Making the world a better place, one Evil Mad Scientist at a time.”

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## One Hundred Percent EDIBLE Googly Eyes!

By Windell Oskay on January 9, 2008



Evil Mad Scientist Laboratories  
— Established 2006 —

### Newest Articles

[As seen in the JameCo Newsletter](#)

[World Maker Faire 2015](#)

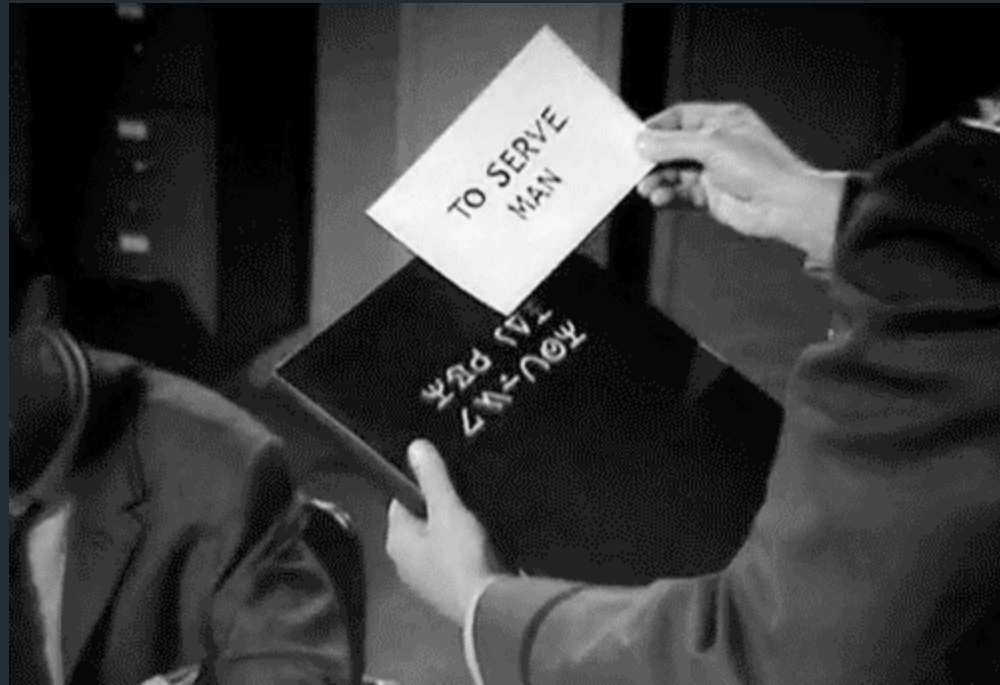
[Linkdump: September 2015](#)

[Clocks at Maker Faire NY](#)

[PopSci Hack-O-Lantern](#)

### Newest Comments

[UPS Maintenance on World Maker Faire 2015](#)



it's easy to connect to  
your collection

we all have lots of cookbooks, right?



# Why Cook Dinner Together?

- Community!
- Life Skills!
- Impresses Everyone!





## Teens Cook: Let's Make Dinner

Recipe Tuesday, July 28, 6-8pm

Servings \_\_\_\_\_  
Grades 6-12

### Ingredients

William E Durr/  
Independence Branch  
Kenton County Public  
Library

1992 Walton-Nicholson  
Independence, KY  
(859)962-4031 or  
[www.kentonlibrary.org](http://www.kentonlibrary.org)

### Directions


Let's all make a delicious dinner together!


If you have any food allergies, please email  
[jessy.griffith@kentonlibrary.org](mailto:jessy.griffith@kentonlibrary.org)


We'll work together to have food you can eat!




# www.pinterest.com/plasticbird

 Search





 **Jessy**




## let's make dinner, 7-17-14, 6pm


Let's all make a delicious dinner together at the Independence Library! Open to all middle/high school students. If you have any food allergies, please contact the library. We'll work together to have food you can eat!

 **Jessy TheLibrarian**  Invite


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Pinned from soyandpepper.com



Oven roasted sweet peppers: 2 peppers (red and yellow, or whatever you fancy), sliced into strips 1 small red onion, sliced 1 tbsp olive oil Juice of half a lemon Salt and pepper to taste

from flickr

Pinned from soyandpepper.com




from POPSUGAR Fitness

### 18 Cucumber Recipes That Refresh

Summer crops are full of tomatoes and cucumbers, so make the most of these nutritious treats with a cucumber caprese salad recipe. Photo: Jenny Sugar

from flickr

Pinned from fitsugar.com




from Bloglovin'

### No Bake Nutella Cheesecake

No Bake Nutella Cheesecake - This one-bowl, no-bake dessert combines rich Nutella spread with sweet cheesecake for an quick, easy, and delish treat!

Pinned from bloglovin.com




from Oh My Veggies

### A Semi-Comprehensive Guide to Roasting Summer Vegetables


Roasted Zucchini with Fresh Rosemary and Garlic and other ideas for roasted zucchini. Looks yummy

from flickr


Pinned from ohmyveggies.com



Pinned from snipofmint.com



Pinned from snipofmint.com



Pinned from snipofmint.com

# allergies





# menu

- pasta/rice with pesto
  - green salad
  - roast bell peppers
  - garlic bread
- 
- nutella tarts with
    - whipped cream
    - berries



# lots of different tasks for teens with different skill levels

- whip cream!
- fill tart shells!
- place berries!
- cut up veggies for salad!
- cut up peppers!
- prepare garlic bread!
- blend pesto!
- set the table!



minimize down time



# Teens Prep, Librarian Cooks.





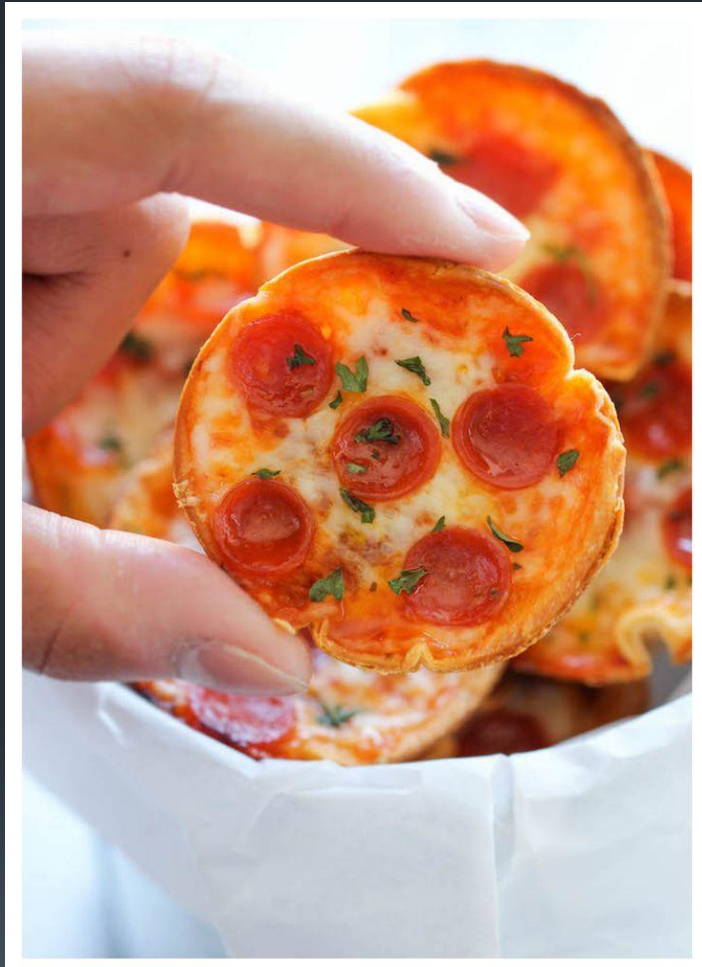
and then we all sit down and eat  
dinner together!



# other Teens Cook programs

- can be broken down into many tasks
- lots of prep, little actual cooking
- basic construction but lots of variables
- minimize waiting time:
  - no letting sit
  - no rising





## “pizza muffins”

- mini deep dish pizzas
- muffin pan
- flour tortillas or dough
- lots of toppings!

# make your own salsa

- not just from jars in stores!
- quickly became “how hot can Jessy the Librarian handle?”
- bumper tomato crop?
  - solicit donations!



# smoothies and parfaits



# trying new foods





# Contact Me!

- email:  
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- twitter:  
@JessyLibrarian
- instagram:  
plasticbird
- tumblr:  
JessyDoesThings
- pinterest:  
plasticbird

